

Torrance Community Services Department
YOUNG SENIORS NEWSLETTER

VOLUME XXXVII - NUMBER 10

OCTOBER 2010

It's that time of year again...

FLU SHOT CLINIC



Monday, November 15, 2010

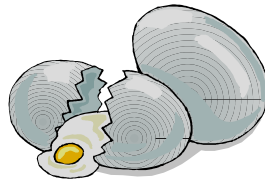
9 a.m. to 12 noon

Ken Miller Recreation Center

3341 Torrance Blvd., Torrance

For more information, please call 310-320-5918.

Please see your physician if you have a serious illness or are hypersensitive to eggs.



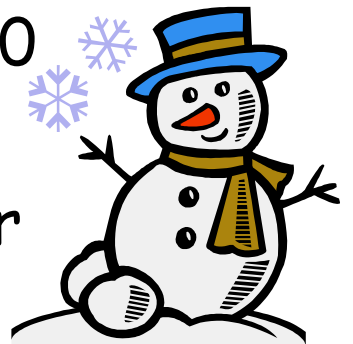
Holiday Arts & Crafts Sale

Saturday, November 20, 2010

9:30 a.m. to 2:30 p.m.

Ken Miller Recreation Center

3341 Torrance Blvd.



**Come find that special one of-a-kind gift,
hand-crafted by Senior Citizens!**

(Crafts Vendors: Please see pages 10 and 11 for more information and registration forms!)



City of Torrance Community Services Department • RECREATION DIVISION
3031 Torrance Blvd., Torrance, CA 90503 • 310-320-5918 • www.Recreation.TorranceCA.Gov
"Creating and Enriching Community through People, Programs and Partnerships"



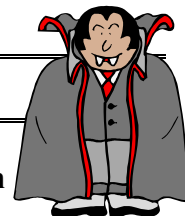
Torrance Travelers

On the go again!

For tour openings, more information, or to add your name to our mailing list, please call our Tour Information line at 310-618-2468.

Sold Out!

SPIRIT of HOLLYWOOD



Friday, October 29, 2010

Sold Out! Call 310-618-2468 to get on the waiting list.

LEAVES FROM WILSON PARK at 9:30 a.m.

Torrance resident Fee: \$73 per person

RETURNS at approximately 5:30 p.m.

Non-resident Fee: \$93 per person

Gather up our ghosts and ghouls and join us this October for a fun look at Hollywood's spirited history! We'll be joined for the day by our very own *Ghostbuster guide*. We'll see the haunted Valentino statue at DeLongpre Park and search for filmdom's famous phantoms at *Mann's Chinese Theatre*. And to add to the fun, we'll ward off the vampires by stopping for lunch in Beverly Hills at everyone's favorite place for gourmet garlic cuisine, the *Stinking Rose*! We'll dine in *Dracula's Grotto* and enjoy a garlic laden three-course feast. It all begins with *Bagna Calda* (garlic cloves oven roasted in extra virgin olive oil and butter) and the Stinking Rose House Salad. The main course is our choice of 40 Cloves Garlic Chicken; Lemon Baked Salmon; Italian Meatloaf; Neon Ravioli with garlic basil sauce; or Vegetarian Lasagna, all prepared with as little or as much of the pungent herb as you would like. The final course is fresh frozen Kustard Ice Cream and coffee or tea. After lunch we'll continue our tour of haunted Hollywood with visits to the Forever Hollywood Cemetery, the Hollywood Bowl, and Griffith Park. Join us for this spooktacular excursion!

LAWRENCE WELK THEATRE



Wednesday, November 10, 2010

Torrance resident Fee: \$97 per person

LEAVES FROM WILSON PARK at 8:45 a.m.

Non-resident Fee: \$117 per person

RETURNS at approximately 7 p.m.

What better place than the *Welk Resort Theatre* to reconnect with the cherished memories of *The Lawrence Welk Show*! This production headlines the unique talents of a lanky, six-foot-five inch, All-American singer – Tom Netherton. The audience should blissfully enjoy this charismatic baritone singing dynamic show tunes, gospel favorites, patriotic anthems and romantic love songs along with a few surprises. Let's face it, though, Tom's good looks have always been popular with the ladies, and the "fairer sex" can expect some attention "up close and personal." Nostalgic guests at the resort often clamor for the return of the Welk stars, so here's an opportunity that both long-standing and more recent fans shouldn't miss! A wonderful buffet brunch is also included at the resort before the show. It's a fun trip you won't want to miss!

Sold Out!

NEWPORT HARBOR CHRISTMAS PARADE



Wednesday, December 15, 2010

Sold Out! Call 310-618-2468 to get on the waiting list.

LEAVES FROM WILSON PARK at 1:45 p.m.

Torrance resident Fee: \$92 per person

RETURNS at approximately 10 p.m.

Non-resident Fee: \$112 per person

Join us as we set sail this holiday season for the 102nd annual *Newport Harbor Christmas Boat Parade*! We'll begin our tour in Corona del Mar at the legendary *Five Crowns Restaurant*, a beautiful replica of one of England's oldest country inns. Warmed by candlelight and a cozy fireplace, we'll enjoy a traditional English holiday dinner, which includes Prime Rib or chicken (please specify at registration), fresh garden salad, creamed spinach, Yorkshire pudding, and topped-off with a strawberry English trifle for dessert. After dinner, we'll visit *Roger's Gardens* for their yearly *Christmas Fantasy* display of themed Christmas trees. And if luck should find us, and we've all been good this year, then "ho, ho, ho," perhaps we'll get a peak at Santa Claus, roaming about the Gardens! Next it's on to *Balboa Pavilion* for the spectacular boat parade and light show. As we join the parade and cruise alongside hundreds of other beautifully decorated boats, we'll have the perfect vantage point for seeing the exquisite waterfront homes decked out for the holidays.

CENTERS



WALTERIA PARK SENIOR CITIZENS CENTER

3855 W. 242nd Street – 310-378-3862

MONDAY 12 noon to 4 p.m. * Table Games and Pinochle *

THURSDAY 12 noon to 4 p.m. * Table Games and Bridge *

Coffee & cookies always just 30¢!

Join us on Mondays and Thursdays for Pinochle and meet our friendly group of card players! Bring your favorite board game and let's play! How about a hand of Bridge? We have a great Thursday Bridge group and we're always looking for new players to join us! If you're interested, come on down!

HERMA TILLIM SENIOR CITIZENS CENTER

3614 W. Artesia Blvd. 310-329-1889

Tuesday, Wednesday, and Thursday 9 a.m. to 4 p.m.

TUESDAY	9 a.m. - 4 p.m.	BRIDGE AND TABLE GAMES
	9:30 a.m. - 11:30 a.m.	CRAFTS WORKSHOP
WEDNESDAY	9 a.m. - 4 p.m.	PINOCHLE AND TABLE GAMES
	9:30 a.m.	GENTLE FITNESS AND CHAIR DANCING
	12:30 p.m.	MOVIE MATINEE - First Wednesday of the month
THURSDAY	9 a.m. - 4 p.m.	CENTER IS OPEN
	9:30 a.m. - 10:30 a.m.	DANCERCISE with Richard Simmons video
	12:30 p.m. - 3 p.m.	BINGO – Play Bingo with friendly people. We have a very nice group, and a great caller! Please bring a canned good or non-perishable item worth \$1.



TILLIM MOVIE MATINEE! Join us for movies at Tillim Center

First Wednesday of Each Month at 12:30 p.m.

FEATURED FILM FOR OCTOBER 6, 2010

How About You Not Rated

FEATURING: Joss Ackland, Vanessa Redgrave, & Hayley Atwell

Movie for November: *White Squall*

Gentle Fitness



Gentle Fitness uses stretching, self-massage, exercise, and breathing techniques that are easy, natural, and therapeutic. It's great for strength, flexibility, and balance. Chair Dancing gives you a full body workout as you move to the beat of the Charleston, the Twist, and much more! It will help lift your spirits and it just feels good!

Wednesdays at 9:30 a.m.

TILLIM SENIOR CITIZENS CENTER ~ 3614 W. ARTESIA BLVD. IN TORRANCE



FRIDAY RECREATION CENTER SENIORS

Ken Miller Recreation Center - - - - 3341 Torrance Blvd.

(Near Madrona & Torrance Blvd., behind the Torrance Plunge)

Fridays only * Coffee, tea, and cookies 25¢ all day

Chair Exercise * 8:15 a.m. - 9:45 a.m. **Fee: \$25/Semester**

* Gentle stretching and low-impact movement will be done while seated and standing

* Restore & maintain joint range of motion * Toning & firming to improve flexibility and cardiovascular health

Low Impact Aerobics Through Dance * 10 a.m. - 11:15 a.m. **Fee: \$25/Semester**

Salsa, meringues, and line dancing combine for a terrific aerobic work-out! Move to the music and have fun!

Yoga * 1:15 p.m. - 2:45 p.m. **Fee: \$25/Semester**

Yoga brings together the mind, body, and much more – anyone can do it!

Basic postures and relaxation techniques will be covered. Please bring your own mat.

*Classes are offered in cooperation with Torrance Adult School Older Adult Program
and the City of Torrance Community Services Department.*

THURSDAY & SATURDAY MATINEES!

FREE MOVIES & POPCORN

BARTLETT CENTER CONFERENCE ROOM AT 12:30 P.M.



**September 30
& October 2**

Julie & Julia

Rated PG-13 for brief strong
language and some sensuality.

Amy Adams,
Meryl Streep,
& Stanley Tucci

October 7 & 9

Invictus

Rated PG-13 for
brief strong language.

Morgan Freeman,
Matt Damon,
& Tony Kgoroge

October 14 & 16

How About You

Not Rated

Joss Ackland,
Vanessa Redgrave,
& Hayley Atwell

October 21 & 23

Everybody's Fine

Rated PG-13 for thematic
elements and brief strong language.

Robert De Niro,
Kate Beckinsale,
& Drew Barrymore

October 28 & 30

White Squall

Rated PG-13 for brief strong
language and some sensuality.

Jeff Bridges,
Caroline Goodall,
& Scott Savage

SEATING IS LIMITED TO 25 PEOPLE - NO RESERVED SEATS - DOOR OPENS AT 12 NOON!



BARTLETT SENIOR CITIZENS CENTER

1318 Cravens Avenue 310-320-5918

HOURS: MONDAY through SATURDAY - 8 a.m. to 4 p.m. SUNDAY - 12:30 p.m. to 4 p.m.

Hot, nutritious lunches served MONDAY through FRIDAY at 11:30 a.m. for the low cost of \$2. Please make reservations at least 24 hours in advance. If you need to cancel, please call so that others may take your place.

Card Games, Table Games, and Pool playing all day, everyday, plus the following scheduled activities:

MONDAY 8:05 a.m.-9:35 a.m. "Fitness Difference for Seniors" **Fee: \$25/Semester**



9 a.m.-11 a.m. Co-Sponsored by Torrance Older Adult Program
 9 a.m.-12 noon Knitting & Crocheting Workshop
 9:30 a.m.-12:30 p.m. Wire Wrapping Workshop - first & third Mondays of each month
 2 p.m.-3:30 p.m. Lapidary Workshop
 Senior Exercise **Fee: \$25/Semester**

TUESDAY 8:05 a.m.-9:35 a.m. Low Impact Aerobics **Fee: \$25/Semester**

9 a.m.-12 noon Co-Sponsored by Torrance Older Adult Program
 Shuffleboard

WEDNESDAY 8:05 a.m.-9:35 a.m. "Fitness Difference for Seniors" **Fee: \$25/Semester**

9 a.m.-3 p.m. Co-Sponsored by Torrance Older Adult Program
 Beadwork Workshop

2 p.m.-3:30 p.m. Senior Exercise **Fee: \$25/Semester**

THURSDAY 8:05 a.m.-9:35 a.m. Low Impact Aerobics **Fee: \$25/Semester**

9 a.m.-12 noon Co-Sponsored by Torrance Older Adult Program
 Shuffleboard

9 a.m. Ceramics Workshop

9:30 a.m.-12:30 p.m. Lapidary Workshop

12:30 p.m. Thursday Afternoon at the Movies

FRIDAY 8:05 a.m.-9:35 a.m. "Fitness Difference for Seniors" **Fee: \$25/Semester**

9:30 a.m.-11:30 a.m. Co-Sponsored by Torrance Older Adult Program

12:30 p.m.-2:30 p.m. Crafts Workshop

SATURDAY 9 a.m.-12 noon Seniors Open Discussion Group

9 a.m. Shuffleboard

9:30 a.m. Bridge and assorted table games are played

9:30 a.m.-11 a.m. "The Swinging, Singing Seniors" Newcomers WELCOME!

12:30 p.m. South Bay Strummers Ukulele Group

12:30 p.m. Saturday Afternoon at the Movies

SUNDAY 12:30 p.m.-4 p.m. Bartlett Center is Open! Drop on in!

Special Notes: Legal Advice is available by appointment on the third Tuesday of the month at 1:30 p.m.

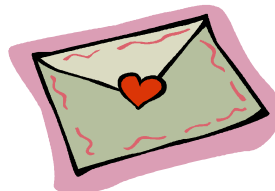
HICAP (Health Insurance Counseling & Advocacy Program) - Counselor Doris Herzog provides free assistance with Medicare and other health insurance information on the third Thursday of each month.

Please call 310-320-5918 to make an appointment.

Torrance Loving Care "TLC" Tuesdays
Tillim Senior Center!

First Tuesdays ~ 9:30 a.m. - 11:30 a.m.

Join this new, monthly crafts workshop on the first Tuesday of each month and create greeting cards for patients in the Veterans Hospital. It's a great way to express our appreciation for our men and women who have served our country.



SEA-AIRE SENIOR CITIZENS GOLF CLUB

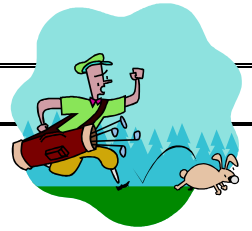
Sea-Aire Park - 22730 Lupine Drive - 310-543-1583 - 9 holes

Meets Every FRIDAY from 8:30 a.m. to 11 a.m.

Upcoming general meetings are October 1 and November 5, 2010

If you are a senior and would enjoy getting out for a morning of "pitch & putt" competition and good fellowship, come on out and see what we have to offer!

The August Tournament was held on Friday, August 27th. Twenty-four members played in teams of three with the best two scores on each hole counting towards the team total. Two-thirds of the combined handicaps were then deducted to reach the final results.



Results of the August Tournament

First @ 96.3 net George Brown, Bev Flynn, & Tom McGlynn

Second @ 99.7 net John Norris, Paul Nitchman, & Bob Moore

Third @ 101 net Frank Berry, Jim Flynn, & John Holzman



Looking for a Cooling Center?

Come to the Bartlett Center or the Katy Geissert Civic Center Library and chill out in a comfortable, temperature-controlled setting! For more information, call the Bartlett Center at 310-320-5918.

FOCAL POINT PROGRAM

Senior citizens and their families now have greater access to information through the Focal Point on Aging program. The Focal Point on Aging is an information and referral program where older adults, caregivers and their families can obtain ready access to a full range of available services including: transportation, housing, Meals-On-Wheels, health care, companion care, Medicare, social and legal services, HMOs and more.

Focal Point is open Monday through Friday from 9 a.m. to 3 p.m.

For more information, call 310-320-1300 or 310-320-5918.



A good name, like good will, is got by many actions and lost by one.
~Lord Jeffery

Torrance Community Transit Program



Senior Taxi

Participant must be a resident of Torrance and be 65 years or older.

Regular ticket price is \$5.00. Discount tickets are available for either \$3.00 or \$1.00 depending on total household income. Applications are available at the West Annex Transit Center.

To apply and register for the Senior Taxi service, you must apply in person at West Annex Transit Center, 3031 Torrance Blvd., Torrance, Monday-Thursday between 10:00am-11:30am or 1:00pm-4:30pm. Please bring your driver's license or California I.D. card and a current utility bill showing your name and address.

Dial-A-Taxi

Participant must be a disabled resident of Torrance or Lomita. For Lomita residents, please contact City of Lomita Dial-A-Taxi Coordinator at 310-325-7110.

Regular ticket price is \$1.00, regardless of income.

Applications are available for pick up from the West Annex Transit Center and must be completely and legibly filled out by your doctor. To apply for the Dial-A-Taxi service, you must apply at West Annex Transit Center, 3031 Torrance Blvd., Torrance, Monday-Thursday between 10:00am-11:30am or 1:00pm-4:30pm. Please bring your driver's license or California I.D. card and a current utility bill showing your name and address. Eligibility must be renewed every year for those on temporary disability.

For non-ambulatory participants, you must inform the taxi company that you need a lift equipped vehicle. Reservations should be made at least 24 hours in advance. Same day service may not be available.

To register or ask questions, please call:

City of Torrance

West Annex Transit Center
(310) 618-2536

City of Lomita

(ask for Dial-A-Taxi Coordinator)
(310) 325-7110

How to Re-Order Taxi Tickets

Participants in the Senior Taxi and Dial-A-Taxi programs may purchase their first batch of tickets at the West Annex Transit Center when they sign up for the program. After that, all orders must be made by mail. Checks should be made payable to the City of Torrance.

Mail checks to the following address:

West Annex Transit Center, 3031 Torrance Blvd, Torrance, CA 90503

Please try to order at least 2 weeks before you need your tickets to allow for processing and mailing.

Orders must include a stamped, self-addressed size #10 envelope and the name of the participant must be written on the memo line of the check.